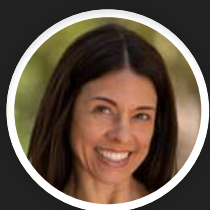




10 Plant-Based Comfort Recipes That Will Leave You Feeling Nourished and Loved



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Whether it's the aroma of your family's home-cooked meals or the pleasure of [indulging in a decadent dessert](#), you've probably experienced food's ability to comfort. You know the feeling — taking a bite of ooey gooey chocolate cake or diving into creamy mac 'n cheese — you get all the feels from head to toe. You might associate comfort food with a particular person or time in your life, or it could be food that simply makes you *feel good*. The mere aroma of a comforting dish can send waves of nostalgic memories from your childhood flooding in.

While these foods are undeniably satisfying and enjoyable in the moment, that feel-good lift doesn't typically last long (if you've ever enjoyed extra servings at Thanksgiving dinner, you know that food coma feeling well). This is because most comfort foods are processed — loaded with refined sugars, unhealthy fats, sodium, or [refined carbohydrates](#), or they include animal products that are [inflammatory and wreak havoc on your health](#). Fortunately, there's a solution to enjoying comfort foods and feeling really good after eating them — nutrient-dense, potent plants that transform into the most decadently delicious dishes! By making healthier, plant-based versions of the comfort foods you know and love, you can enjoy those same textures and flavors while nourishing your body with what it needs to thrive — in that moment *and* in the long run.

In this recipe collection, I'll offer tips and tricks to help you make comfort food healthy by swapping out animal products and processed ingredients with [healthy whole-food plant-based substitutes](#). I'm including ten tasty recipes that demonstrate how plants transform into comforting — and healthy! — decadence. But, first, what is comfort food, and why is it important to minimize added sugars, [sodium](#), animal products, and oils if you want to feel your very best?





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What is Comfort Food?

Whether it's Mom's famous mashed potatoes or Grandma's irresistible apple pie, many comfort foods evoke memories of home, childhood, or cultural heritage. It makes sense, considering Merriam-Webster [defines](#) comfort food as "food prepared in a traditional style having a usually nostalgic or sentimental appeal." But not all comfort food has to have a deep, sentimental meaning attached to it. Sometimes, you just love a food simply for its deep, rich flavor or satisfying texture. You might prefer savory comfort dishes, like Shepherd's Pie, or maybe you like to get cozy on the couch with your spoon and a dish of ice cream, perhaps while

watching *Friends* reruns or *The Great British Baking Show* (if this is you, check out [7 Sugar-Free and Dairy-Free Chocolate Desserts](#)).

While "comfort" food is often associated with "unhealthy" food, it can actually come packed with nutritional goodness. For example, many classic comfort comestibles — like mac 'n cheese (and [other pasta dishes](#)), [chocolate](#), [pizza](#), [chili](#), [soups](#), [stews](#), dumplings, and baked goods — can be created with nutrient-dense plant-based ingredients that create that same comforting experience. Really!

Comfort food doesn't have to be indulgent, either. Sometimes, a warm, nourishing meal — like homemade soups or stews filled with veggies and beans that pack a healthy dose of nutrition — on a cold rainy day can satisfy your belly and soothe your soul.

How to Make Comfort Food Healthy

If you can't imagine living without your favorite comfort foods but want to avoid their negative health consequences, eliminating animal products from them is the most impactful action you can take for your personal health and the health of the planet. Fortunately, simple swaps can “veganize” your favorite comfort dishes, like replacing dairy milk with plant-based milk or using a [flax egg](#) in place of a traditional choice.

If you want to optimize nutrition in your comfort meals, choose whole or minimally processed plant-based food whenever possible. Swapping chickpeas or tofu in place of meat, using pulled jackfruit in place of pulled pork or chicken, or blending cauliflower and squash into a (nut-free!) [creamy cheese sauce](#) are just a few ideas.

That sauce is just one example of a plant-based sub for a traditionally dairy-based version. [Nut cheese](#) made with cashews is a delicious alternative to any cheese product.

[Nutritional yeast](#) is the key ingredient that provides a remarkably cheesy flavor in plant-based recipes. Swap out dairy milk (as well as the saturated fat and inflammatory compounds that come with it) for one of the many options of [non dairy milk substitutes](#) — almond, soy, [oat](#), cashew, hemp, and coconut. These plant milks can be [significantly healthier for both you and the planet](#).

Using plant-based meat and cheese may be okay occasionally — they can be decent replacements for traditional meat and dairy when it comes to mimicking flavor and texture — but they have their [pros and cons](#), so it's best to use them sparingly. The healthiest options are whole foods like [beans](#), [lentils](#), [tofu](#), and [tempeh](#). Beans and lentils are whole foods, and tofu and tempeh are minimally processed, but also nutrient-dense, protein-rich, and mimic meat in texture and their ability to absorb flavors. [Mushrooms](#) and eggplant also make great whole-food substitutes with their meaty textures, and can be used as a meat replacement in anything from [burgers](#) to [hearty soups](#) to sandwiches.



Replacing Sugar and Oil

Many comfort foods also contain vegetable oils. However, since oil is processed and only contains a single component — [fat](#) — of the food it came from, and none of the fiber or other nutrients, it's best to use it sparingly. Oil may be especially problematic for those who struggle with [heart disease](#) or obesity. (The next time you're craving a salad, try these [5 Easy Oil-Free Salad Dressings for a Healthier Mealtime](#).)

The type of sugar that causes inflammation is refined sugar, not the sugar found naturally in fruits. Refined sugar can be addictive, [harmful to your health](#), and may contribute to [several chronic diseases](#). Instead, sweeten your favorite comfort dishes with fruit or [natural fruit-based sweeteners](#), such as [Medjool dates](#). Minimally processed [maple syrup](#) is also a favorite here at FRN, as a little bit goes a long way. Plus, there are lots of [antioxidants](#) in maple syrup!



Plant-Based Comfort Food Recipes

Comfort foods often feel like a warm embrace. Or they may help to remind us of life's sweet moments, thanks to their mesmerizing aromas and mouth watering flavors. Whatever the reason, comfort foods always seem to do the trick! Inviting a sense of comfort into your home through food can be both tasty and nourishing — and these recipes prove it! So whether you're reminiscing about pizza nights with your family or missing the taste of Mom's mac 'n cheese, we hope these yummy (and ultra comforting) recipes are exactly what you need to feel nourished!

CREAMY AND COZY VEGGIE RAMEN

Creamy, comforting, savory, and satisfying are just a few of the words that may come to mind when enjoying this veggie-rific ramen! This flavorful coconut-based broth is filled with brown rice noodles, colorful vegetables, and umami mushrooms that not only are a feast for the eyes but also feed your mind, body, and soul.

Serves: 4 **Prep time:** 15 minutes **Cooking time:** 15 minutes

8 ounces chopped button mushrooms
(approximately 2 cups)
1 cup chopped white or yellow onion
1 cup chopped red bell pepper
1 tablespoon grated garlic cloves
1 tablespoon grated fresh ginger
1 tablespoon finely minced fresh
lemongrass, outer leaves removed
4 cups low-sodium vegetable broth
8 ounces dry brown rice noodles
2 tablespoons mellow white or chickpea miso
1 cup canned light coconut milk
2 tablespoons coconut aminos or
reduced-sodium tamari
2 to 3 teaspoons gochujang or chili paste
2 cups chopped bok choy
1 cup shelled frozen and thawed edamame
2 tablespoons lime juice
3 stalks green onion, thinly sliced
1/4 cup chopped cilantro

Sriracha or hot sauce of your choice to taste,
optional

1. To a large stockpot over medium-high heat, add the mushrooms, onion, and red bell pepper. Stir occasionally until the onions are translucent, about 2 to 3 minutes.
2. Stir in the garlic, ginger, and lemongrass. Cook for another minute.
3. Add the vegetable broth and 2 cups of water. Bring the mixture to a boil and then add the noodles. Cook for 10 minutes or until the noodles are tender.
4. Meanwhile, in a medium bowl, whisk together the miso, coconut milk, coconut aminos, and gochujang until the miso is completely dissolved.
5. Once the noodles are tender, turn off the heat and stir in the coconut milk mixture.
6. Add the bok choy and edamame, stirring until the bok choy is slightly wilted. Add the lime juice.
7. Divide the ramen between four bowls and garnish with a generous amount of green onion, cilantro, and sriracha.



CHEF'S NOTES

Time-Saving Tips

Prepare the coconut miso mixture ahead of time and store it in an airtight container in the refrigerator for up to 48 hours.

Substitutions

For the mushrooms, anything goes! Use shiitake, cremini, or any mushroom of your choice.

They're all delicious and healing.

Substitute red onion or shallots for the white or yellow onion.

Substitute green, yellow, or orange bell pepper for red bell pepper.

Instead of bok choy, use spinach or kale.

Add chickpeas in place of edamame.

Storage

Store leftovers in an airtight container in the refrigerator for up to 5 days. Note that the noodles will continue to absorb the broth and may get a bit soggy.

Calcium: 109 mg

Iron: 4 mg

Magnesium: 62 mg

Selenium: 5 mcg

Zinc: 1.5 mg

Calories: 366

Protein: 18 g

Carbohydrate: 53

Fiber: 7 g

Fat: 7 g

Sodium: 883 mg

BUTTERY VEGAN CORN CHOWDER

Traditional corn chowder is full of heavy butter and cream, but our plant-based alternative gets its richness from creamy coconut milk, satisfying sweet potatoes, and fiber-packed corn. Enjoy it as a main course with a slice of crusty whole-grain bread, as an appetizer, or as a cozy afternoon snack.

Serves: 4 **Prep time:** 15 minutes **Cooking time:** 20 minutes

1 cup chopped yellow or white onion
1 cup chopped celery
1 cup chopped red bell pepper
1 tablespoon fresh thyme, minced
2 teaspoons ground cumin
1 teaspoon ground turmeric
1 teaspoon onion powder
1/2 teaspoon salt, optional
1/4 teaspoon ground black pepper, optional
2 cups frozen or fresh corn
2 cups sweet potato, cut into
1/2-inch pieces (approximately 1 large potato)
4 cups low-sodium vegetable broth
2 tablespoons arrowroot powder or cornstarch
1 13.5-ounce can light coconut milk
2 to 3 tablespoons sliced green onions
1/4 cup chopped parsley or cilantro
Crushed red pepper flakes to taste, optional

1. To a large stockpot over medium-high heat, add the onion, celery, and bell pepper. Stir continuously until the onion is translucent, about 2 to 3 minutes.
2. Stir in the thyme, cumin, turmeric, onion powder, and salt and pepper. Cook for another minute.
3. Add the corn, sweet potatoes, and vegetable broth. Bring the mixture to a boil and then reduce heat to low and simmer until the potatoes are tender, about 10 minutes.
4. Meanwhile, in a small bowl, whisk the arrowroot powder with 2 tablespoons of water until the powder is dissolved.
5. Once the sweet potatoes are tender, slowly pour the arrowroot mixture into the pot, stirring constantly.
6. Once the chowder thickens slightly, remove it from the heat and stir in the coconut milk (slowly to keep it from curdling).
7. Taste and adjust for more seasoning with another dash of salt, cumin, or onion powder.
8. Divide into bowls and top with sliced green onions and parsley or cilantro, as well as crushed red pepper flakes (or minced jalapeño).



CHEF'S NOTES

Substitutions

Shallots can be used in place of onion.

For the bell pepper, use orange, yellow, or green bell pepper in place of red bell pepper.

Use fresh oregano in place of fresh thyme. Or use 1 teaspoon of dried thyme in place of the fresh (however, we do recommend fresh over dried for the best flavor).

Instead of sweet potato, use red, purple, or golden potato.

Storage

Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 1 month.

Calcium: 75 mg

Iron: 1.8 mg

Magnesium: 59 mg

Zinc: 1 mg

Calories: 292

Protein: 6g

Carbohydrate: 48g

Fiber: 8g

Fat: 6g

Sodium: 434 mg

THE ULTIMATE LOADED MASHED POTATO BOWL

Loaded (literally) with lots of protein-rich black beans, tender massaged kale, naturally sweet corn, and crunchy red onion, and topped with a few dashes of hot sauce, this veggie-rich bowl has every notable nutrient packed into one wholesome serving. This is the indulgent loaded potato you've been longing for!

Serves: 2 **Prep time:** 20 minutes **Cooking time:** 10 minutes

5-Minute Cheesy Sauce

1 cup cashews, soaked in hot water
for 30 minutes or room-temperature water
for 2 hours, drained
4 tablespoons nutritional yeast
2 tablespoons lemon juice
1 teaspoon garlic powder
1/4 to 1/2 teaspoon salt, optional

Bowl Ingredients

2 cups russet potato, cut into
3/4-inch cubes (approximately 1 large potato)
1/4 cup plain, unsweetened plant-based
milk, plus 1 to 2 tablespoons
1/4 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 to 1/2 teaspoon salt, optional
1/4 teaspoon ground black pepper, optional
1/4 teaspoon cayenne pepper, optional
1 tablespoon tahini
2 tablespoons lemon juice
1 tablespoon nutritional yeast
1/2 teaspoon smoked or sweet paprika
1/4 teaspoon ground turmeric
1/4 teaspoon salt, optional
1/4 teaspoon ground black pepper, optional
2 cups destemmed and thinly sliced kale
1 1/2 cups cooked fresh or frozen corn
1 1/2 cups home-cooked or 1 15-ounce can
black beans, drained
1/2 cup chopped red onion
1/4 cup chopped cilantro, optional
Hot sauce to taste, optional





CHEF'S NOTES

Time-Saving Tips

Make the potatoes ahead of time and store them in an airtight container in the refrigerator for up to 5 days.

Make the kale ahead of time and store it in an airtight container in the refrigerator for up to 3 days.

Make the 5-Minute Cheesy Sauce ahead of time and store it in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 1 month.

Make the corn and beans ahead of time and store them in an airtight container in the refrigerator for up to 5 days.

Substitutions

Substitute red, purple, or golden potatoes for the russet potatoes.

Use sweet potato in place of regular potato.

Substitute spinach, romaine, or spring greens for the kale.

In place of black beans, use chickpeas, edamame, or white beans of choice.

Substitute sliced green onion, chives, or shallots for the red onion.

Storage

Store leftovers in an airtight container in the refrigerator for up to 5 days. Store leftover 5-Minute Cheesy Sauce in an airtight container in the refrigerator for up to 5 days.

1. Make the 5-Minute Cheesy Sauce: In a highspeed blender or food processor, blend all the sauce ingredients along with 1/2 cup of water (plus more if needed) until smooth. Set the sauce aside.
2. To a large pot, add enough water to cover the potatoes and heat on high until boiling. Boil the potatoes until tender, about 10 minutes, then drain.
3. In a large bowl, mash together the potatoes, plant-based milk, garlic powder, onion powder, salt, pepper, and cayenne with a potato masher or fork until mostly mashed (lumpy mashed potatoes are okay if you like!). Taste for additional seasoning of choice.
4. In a medium bowl, mix the tahini, lemon juice, nutritional yeast, paprika, turmeric, salt, and pepper until the tahini is completely blended. Add the kale and stir until the leaves are coated. To make coating easier, you can massage the kale with clean hands for about 30 seconds. Set this mixture aside.
5. Divide the mashed potatoes, corn, black beans, red onion, and kale between two bowls. Drizzle the Cheesy Sauce on top. Sprinkle with chopped cilantro and hot sauce

Calcium: 378 mg

Iron: 11 mg

Magnesium: 366 mg

Selenium: 25 mcg

Zinc: 7 mg

Vitamin B12*: 1.5 mcg

Vitamin D*: 45 IU

Calories: 837

Protein: 35 g

Carbohydrate: 97 g

Fiber: 26 g

Fat: 29 g

Sodium: 570 mg

**If using fortified plant-based milk.*

ZESTY FIESTA MUSHROOM LENTIL CHORIZO TACO BOWL

Mushrooms, lentils, and walnuts transform into a meaty “chorizo” so infused with robust flavors you just might be convinced it’s the real thing! Piled high on brown rice and topped with all the right elements, including a generous dollop of Cashew Sour Cream, it’s a flavor-packed twist on a traditional Tex-Mex meal that will leave you savoring every bite. Try this bowl as filling in your favorite whole-grain tortilla wrap, corn taco shell, or collard green leaves.

Serves: 2 **Prep time:** 20 minutes **Cooking time:** 5 minutes

Mushroom Lentil Chorizo

8 ounces sliced cremini mushrooms
(approximately 2 cups)
1 teaspoon chili powder
1 teaspoon ancho chili powder, optional
1 teaspoon ground cumin
3/4 teaspoon dried oregano
1/2 teaspoon ground coriander
1/2 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon smoked paprika
1/2 teaspoon sweet paprika
1/8 teaspoon ground cinnamon
1 cup home-cooked or 8 ounces canned
green or brown lentils, drained
1/2 cup raw walnuts
1/4 teaspoon salt, optional
1/4 teaspoon ground black pepper, optional

Bowl Ingredients

2 cups cooked brown rice
1 cup romaine lettuce, thinly sliced
1/2 cup diced Roma tomatoes
1/4 cup diced red onion
1 avocado, cubed
1 to 2 tablespoons lime juice
Salt to taste, optional
Ground black pepper to taste, optional
2 to 4 tablespoons chopped cilantro
Cashew Sour Cream (page 100), optional
1/4 cup salsa of your choice
Hot sauce to taste, optional

1. **Make the Mushroom Lentil Chorizo:**
In a medium pan over medium-high heat, cook the mushrooms until lightly browned, about 5 minutes. Add 1 to 2 tablespoons of water as needed to deglaze the pan. Meanwhile, in a small bowl, mix all the chorizo spices and set them aside. In a food processor, pulse the mushrooms, lentils, walnuts, and spices until a coarse meal is formed. Add salt and pepper to taste.
2. Divide the cooked rice, chorizo, lettuce, tomatoes, onion, and avocado between two bowls.
3. Drizzle the lime juice on top and sprinkle with salt, pepper, and cilantro.
4. Top with Cashew Sour Cream along with 2 tablespoons of salsa per serving.



CHEF'S NOTES

Time-Saving Tips

Make the spice blend ahead of time and store it in an airtight container in a cool, dark place for up to 30 days.

Make the chorizo ahead of time and store it in an airtight container in the refrigerator for up to 3 days.

Make the Cashew Sour Cream ahead of time and store it in an airtight container in the refrigerator for up to 5 days.

Substitutions

Instead of cremini mushrooms, use button or portobello mushrooms.

Substitute any whole grain of choice for rice.

For the tomatoes, use heirloom, grape, or any other tomatoes you have on hand.

Substitute another leafy green for romaine lettuce.

Use white or yellow onion or shallots in place of red onion.

Substitute lemon juice in place of lime juice.

Storage

Store leftovers in an airtight container in the refrigerator for up to 3 days or freeze them for up to one month.

Calcium: 104 mg
Iron: 8.7 mg
Magnesium: 297 mg
Omega-3s: 2.8 g
Selenium: 29.7 mcg
Zinc: 6.6 mg

Calories: 820
Protein: 29 g
Carbohydrate: 78 g
Fiber: 20 g
Fat: 40 g
Sodium: 364 mg

SMOTHERED IN TZATZIKI TEMPEH GYRO

Savory tempeh strips are seasoned with Mediterranean spices and generously dolloped with cool and creamy dairy-free Tzatziki Sauce, then sprinkled with fresh onion and tomato. Gyros are typically served in a warm pita or flatbread but can be just as delicious with the gluten-free vessel of your choice (see Chef's Notes). This veggie-packed, all-in-one meal has comfort, flavor, and nourishment in every bite.

Serves: 4 **Prep time:** 15 minutes **Cooking time:** 15 minutes

8 ounces tempeh (see Chef's Notes)
1 tablespoon tahini
2 tablespoons coconut aminos or reduced-sodium tamari
2 tablespoons lemon juice
1/2 teaspoon garlic powder
1 teaspoon dried oregano
4 whole-grain pitas or lavash bread or leafy green wraps
2 cups leafy greens of your choice (spinach, arugula, baby kale, romaine)
1/2 cup diced red onion
1/2 cup diced tomato
Hot sauce of your choice, to taste

Tzatziki Sauce

2 cups grated cucumbers
1 1/2 cups plain, unsweetened plantbased yogurt
1/4 cup lemon juice
2 cloves garlic, finely minced
4 tablespoons minced fresh herb of choice (parsley, dill, cilantro, or mint)
1/4 teaspoon salt, optional
1/8 teaspoon ground black pepper, optional

1. Boil the tempeh: In a small pan, add the tempeh and enough water to cover it by 1 inch. Bring it to a boil and cook for 10 minutes.
2. Meanwhile, in a shallow baking dish, make the marinade by combining the tahini, coconut aminos, lemon juice, garlic powder, oregano, and 1/4 cup water.
3. Make the Tzatziki Sauce: Drain 1 cup of cucumbers at a time by pressing the grated cucumbers until the water stops draining from them (press about three times). In a medium bowl, mix the cucumbers with the remaining sauce ingredients until well combined.
4. Once the tempeh is done boiling, drain and transfer it to a cutting board and cut into 1/2-inch by 1-inch strips to make 8 strips.
5. Add the tempeh to the marinade, gently tossing until it is completely covered.
6. Heat a large pan over medium heat. Depending on your pan, you may need to lightly oil the bottom to prevent the tempeh from sticking. Once the pan is hot, add each piece of tempeh, reserving any extra marinade. Cook 1 to 2 minutes per side, until slightly golden brown. Remove the tempeh from the heat and pour any remaining marinade over the top.
7. Add a layer of greens to each pita and then add 2 tablespoons each of onion and tomato. Divide the tempeh between the four wraps. Top with 2 to 4 tablespoons of tzatziki and hot sauce.



CHEF'S NOTES

Time-Saving Tips

Boil or steam the tempeh ahead of time and let it marinate overnight (or for at least 20 minutes) in the refrigerator.

Other Tips

Boiling or steaming tempeh for 10 minutes can minimize its bitterness and allow it to absorb more of the flavors paired with it. It's not a mandatory step if you don't have time.

Keep the cucumber skin intact if the cucumbers do not have a wax coating. If the cucumbers are waxed, we recommend that you peel the skins before grating them.

You can also use sprouted whole-grain tortillas. Note that if you use an 8-inch tortilla or smaller pitas, you may get more than 4 wraps. In this case, use 2 to 3 pieces of tempeh for each small wrap rather than dividing the tempeh pieces between four wraps.

Gluten-Free: Instead of pitas, use large, leafy green wraps like collard greens, Swiss chard, or romaine.

Substitutions

Substitute drained and pressed firm or extra-firm tofu in place of the tempeh (you don't need to boil or steam the tofu).

Use lime juice in place of lemon juice.

Storage

Store leftover tzatziki in an airtight container in the refrigerator for up to 3 days and leftover tempeh in an airtight container in the refrigerator for up to 5 days.

Calcium: 188 mg

Iron: 6.2 mg

Magnesium: 72 mg

Omega-3s: .175 g

Selenium: 1.8 mcg

Zinc: 1.1 mg

Calories: 422

Protein: 30 g

Carbohydrate: 40 g

Fiber: 8 g

Fat: 13 g

Sodium: 655 mg

MEET ME IN THE MEDITERRANEAN TORTILLA PIZZA WITH TOFU RICOTTA

Made with creamy tofu “ricotta” instead of dairy cheese, this family favorite is packed with protein as well as calcium and iron. The combination of tofu and nutritional yeast creates a cheesy texture and flavor that everyone will love. Have the kiddos help out during the preparation stage to build one-of-a-kind homemade pizzas and memories together!

Serves: 4 **Prep time:** 15 minutes **Cooking time:** 15 minutes

8 ounces firm or extra-firm tofu,
drained well
1 tablespoon tahini
1½ tablespoons nutritional yeast
2 tablespoons minced shallots
1 clove garlic, minced
½ teaspoon dried oregano
1 dash ground nutmeg
1 tablespoon lemon juice
¼ teaspoon salt, optional
⅛ teaspoon ground black pepper, optional
¾ cup diced red onion
1 cup halved cherry tomatoes
1 cup shaved or thinly sliced asparagus
1 tablespoon red wine vinegar
2 dashes salt, optional
4 8-inch whole-grain tortillas or flatbreads
Extra virgin olive oil, optional
¼ cup sliced green or kalamata olives
1 cup arugula
2 tablespoons chopped fresh basil
[Vegan Walnut Parmesan](#)
to taste, optional
Crushed red pepper flakes to taste,
optional

1. Preheat the oven to 425°F.
2. Make the Tofu Ricotta: In a medium bowl, crumble the tofu. In a small bowl, whisk together the tahini, nutritional yeast, shallots, garlic, oregano, nutmeg, lemon juice, salt, and pepper. Add the tahini mixture to the tofu and gently mix with a fork until well combined. Note: The tofu should be a little wet and in clumps, not totally mashed.
3. In a large skillet over medium-high heat, sauté the onion, tomatoes, and asparagus for 2 minutes.
4. Add the vinegar and salt, and cook for another minute. Remove from the heat.
5. Place the tortillas or flatbread on two baking sheets, or pizza stones if you own them. Lightly brush the tortillas with olive oil and sprinkle with salt.
6. Divide the sautéed veggies and olives between the tortillas. Spread approximately 4 to 6 tablespoons of Tofu Ricotta over each tortilla, leaving about a 1-inch space around the edges. Press the tofu down to keep the veggies in place.
7. Bake for 10 minutes or until the edges are golden crispy.
8. Remove the pizzas from the oven and top them with arugula, basil, and Vegan Walnut Parmesan to taste. Sprinkle the crushed red pepper flakes over the top.



CHEF'S NOTES

Time-Saving Tips

Make the Vegan Walnut Parmesan ahead of time.
Make the Tofu Ricotta ahead of time and store it in an airtight container in the refrigerator for up to 3 days.

Substitutions

In place of nutritional yeast, use 1 tablespoon of mellow white or chickpea miso.

Storage

Store the pizzas in an airtight container in the refrigerator for up to 3 days. Reheat at 425°F for 5 to 7 minutes.

Calcium: 313 mg
Iron: 4.4 mg
Magnesium: 61 mg
Omega-3s: .5 g
Selenium: 12 mcg
Zinc: 1.75 mg

Calories: 308
Protein: 18 g
Carbohydrate: 59 g
Fiber: 13 g
Fat: 15 g
Sodium: 518 mg

CLEAN OUT THE PANTRY EVERYDAY TACOS

Having pantry staples like canned beans, jarred salsa, and a variety of spices on hand, plus fresh produce like onions, peppers, and tomatoes, makes meals come together in minutes. Once you get the hang of how to use your plant-based pantry to the fullest, you'll be enjoying these tacos frequently!

Serves: 4 **Prep time:** 15 minutes **Cooking time:** 10 minutes

Garlic Cashew Cream

1 cup raw cashews, soaked in hot water for 30 minutes or room-temperature water for 2 hours, drained
1/2 cup plain, unsweetened plant-based milk
1 teaspoon garlic powder
1/2 teaspoon salt, optional

Tacos

8 6-inch whole-grain or corn tortillas
1/2 cup salsa of your choice
1 avocado, cubed
1/4 cup chopped cilantro, optional
1/4 cup chopped jalapeño, optional
Hot sauce to taste, optional
8 lime wedges

Beans

1 teaspoon cumin seeds
1 cup chopped red onion
1 cup chopped red bell pepper
1 cup chopped tomatoes
1 1/2 cups home-cooked or 1 15-ounce can black beans, drained
1 tablespoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon sweet or smoked paprika
1/4 teaspoon salt, optional
1/4 teaspoon ground black pepper, optional
2 tablespoons lime juice

1. Make the Garlic Cashew Cream: In a blender, blend all the ingredients plus 1 1/4 cup water until smooth. Add more water 1 tablespoon at a time as needed to reach desired consistency. Set the cashew cream aside.
2. Make the beans: In a large pan over medium heat, heat the cumin seeds until fragrant (about a minute), tossing often.
3. Add the onion, peppers, and tomatoes. Cook until the onion is translucent, about 3 to 4 minutes. Add 1 to 2 tablespoons of water as needed to deglaze the pan, stirring occasionally.
4. Meanwhile, add the black beans to a large bowl. Mash half the beans with a potato masher or fork.
5. Transfer the beans to the onion, pepper, and tomato mixture. Reduce the heat to medium and stir well to combine. Add the ground cumin, chili powder, garlic powder, onion powder, paprika, salt, pepper, and lime juice. Stir well once again and turn off the heat.
6. On a stovetop griddle on medium heat, warm each side of the tortillas (probably 2 at a time) for 1 to 2 minutes (just until warm, not crispy).
7. Place the tortillas on a plate and fill them with your toppings: Add 1 to 2 heaping tablespoons of the bean mixture, 1 tablespoon of salsa, 1 tablespoon of avocado, and 1 to 2 teaspoons of Garlic Cashew Cream. Add cilantro jalapeño, and hot sauce to taste. Serve with lime wedges and enjoy!



CHEF'S NOTES

Time-Saving Tips

Prepare the Garlic Cashew Cream ahead of time and store it in an airtight container in the refrigerator for up to 5 days or in the freezer for up to one month. Alternatively, use your favorite whole-food, store-bought sour cream or plain dairy-free yogurt.

Substitutions

Instead of black beans use kidney beans, pinto beans, or other beans of choice.

Substitute white or yellow onion for red.

Gluten-Free: Use leafy green wraps (romaine, collards, or Swiss chard) instead of tortillas.

Storage

Store the leftover Garlic Cashew Cream and the beans separately in airtight containers in the refrigerator for up to 5 days.

Calcium: 184 mg

Iron: 5.3 mg

Magnesium: 196 mg

Selenium: 12 mcg

Zinc: 3.7 mg

Calories: 347

Protein: 17 g

Carbohydrate: 39 g

Fiber: 15 g

Fat: 11 g

Sodium: 514 mg

WARM AND SMOKY WHITE BEAN AND SPINACH FLAUTAS

Flautas are crispy little treats that are something between a burrito and a taco. Typically, they are made of a savory filling wrapped in a flour tortilla and fried. By using whole-grain tortillas and baking them instead, these fiber-rich flautas become a delicious make-ahead meal that you can freeze until you need them. Oh, and they make a tasty take-along snack too!

Serves: 4 **Prep time:** 20 minutes **Cooking time:** 20 minutes

3 cups home-cooked or 2 15-ounce cans white beans, drained
1/2 cup chopped red onion
1/2 cup chopped orange bell pepper
1/2 cup frozen and thawed spinach
2 teaspoons ground cumin
1 teaspoon garlic powder
1 teaspoon onion powder
2 to 3 teaspoons smoked paprika
1/4 teaspoon salt, optional
2 tablespoons lime juice
1/4 cup seeded and minced jalapeño, optional
1/4 cup chopped cilantro, optional
8 6-inch whole-grain tortillas
1 avocado, chopped
2 to 4 tablespoons store bought Pico de Gallo or salsa
2 to 4 tablespoons [Cashew Sour Cream](#)

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. In a food processor, pulse the white beans, onion, orange bell pepper, spinach, cumin, garlic powder, onion powder, paprika, salt, lime juice, jalapeño, and cilantro until it reaches your desired consistency.
3. Lay the tortillas out on the baking sheet.
4. Spoon 3 to 4 tablespoons of the bean mixture into each tortilla, forming a line in the center only. Roll each tortilla into a tight tube and place them seam side down on the baking sheet.
5. Bake for 20 minutes or until crispy and brown on the outside.
6. Divide the flautas between serving plates and top them with avocado, Pico de Gallo, and Cashew Sour Cream.



CHEF'S NOTES

Time-Saving Tips

Make the bean spread ahead of time and store it in an airtight container in the refrigerator for up to 5 days.

Prepare the Pico de Gallo ahead of time, or use your favorite store-bought Pico to save time.

Substitutions

Substitute another bean of choice, such as kidney, black, or pinto beans, in place of white beans.

Instead of red onion, use yellow or white onion, or use shallots.

Substitute yellow, red, or green bell pepper for orange bell pepper.

Substitute parsley or chives for cilantro.

Gluten-Free: Instead of whole-grain tortillas, use nut-flour tortillas, or use leafy green wraps like collards, romaine, or Swiss chard. Bypass baking if you use leafy greens.

Air Fryer Instructions

Bake in the air fryer at 400°F for 5 to 7 minutes or until crispy and brown on the outside.

Storage

Store the leftover Garlic Cashew Cream and the beans separately in airtight containers in the refrigerator for up to 5 days.

Calcium: 182 mg

Iron: 10.3 mg

Magnesium: 221 mg

Selenium: 10 mcg

Zinc: 4.5 mg

Calories: 512

Protein: 28 g

Carbohydrate: 59 g

Fiber: 18 g

Fat: 15 g

Sodium: 458 mg

VEGGIELICIOUS MAC 'N' CHEESE

Soul-fulfilling and *comforting* are words that come to mind when thinking about the goodness that is Veggielicious Mac 'n' Cheese. Wholesome cauliflower, butternut squash, and just the right amount of nutritional yeast create a deliciously cheesy, creamy sauce with a remarkable umami flavor. It's the perfect complement to broccoli and nutty Vegan Walnut Parmesan. The cherry (or should we say cheese) on top is all the essential nutrients you get when you indulge in a scoop or two!

Serves: 4 **Prep time:** 15 minutes **Cooking time:** 15 minutes

8 ounces dry whole-grain or legume macaroni
1 cup chopped yellow onion
3 cups chopped cauliflower florets
1 cup cubed fresh or frozen butternut squash
3 cloves garlic, minced
1 teaspoon ground turmeric
¼ teaspoon ground black pepper, optional
1 cup low-sodium vegetable broth or water
1 cup broccoli florets, chopped into small pieces
1 tablespoon mellow white or chickpea miso
3 tablespoons nutritional yeast, plus more to taste
½ to 1 teaspoon smoked paprika
1 cup plain, unsweetened, plantbased milk
¼ to ½ teaspoon salt, optional
Vegan Walnut Parmesan (page 114), optional
Salt to taste, optional
Crushed red pepper flakes to taste, optional

1. Make the pasta according to package directions. Set it aside.
2. In a large skillet over medium-high heat, sauté the onions, cauliflower, squash, and garlic for 3 minutes.
3. Stir in the turmeric, ground black pepper, and vegetable broth. Bring to a boil and then reduce the heat to a simmer. Cover and cook for 7 minutes or until the cauliflower and squash are tender.
4. Meanwhile, steam the broccoli florets: In a large pot, bring an inch of water to a boil. Add a steamer basket to the pot. Place the broccoli florets in the steamer basket and reduce the heat to medium. Cover and steam for 3 to 5 minutes.
5. After the cauliflower is cooked, transfer it to a blender or food processor (you may need to do this in two batches). Blend it with the miso, nutritional yeast, paprika, plant-based milk, and salt until smooth.
6. In a large bowl, combine the macaroni, broccoli, and cheese sauce. Note: It will seem like a lot of sauce! The sauce gets absorbed pretty quickly by the noodles and broccoli, so you'll most likely want to use it all. However, if desired, pour three-quarters of the sauce over the top first and then add more as desired. Add a little more salt, as well as Vegan Walnut Parmesan or more nutritional yeast and crushed red pepper flakes over the top.



CHEF'S NOTES

Time-Saving Tips

Prepare the Vegan Walnut Parmesan ahead of time.

Substitutions

Use white onion in place of yellow.

Use sweet paprika in place of smoked paprika (but note that you'll lose the smoky flavor!).

Substitute yellow summer squash, kabocha squash, acorn squash, or sweet potato for the butternut squash.

Storage

Store leftovers in an airtight container in the refrigerator for up to 5 days or freeze for up to one month.

Calcium: 339 mg

Iron: 6 mg

Magnesium: 183 mg

Selenium: 14 mcg

Zinc: 3.2 mg

Vitamin B12*: 2.4 mcg

Vitamin D*: 60 IU

Calories: 508

Protein: 26 g

Carbohydrate: 65 g

Fiber: 24 g

Fat: 9 g

Sodium: 439 mg

MISO ZEN SPICY NOODLE BOWL

Protein-packed, plant-based noodles are one of life's simple pleasures. Bright and slightly sweet edamame paired with crunchy, carotenoid-containing carrots and savory, mineral-dense cremini mushrooms make for a restaurant-worthy meal that can be whipped up in minutes!

Serves: 4 **Prep time:** 15 minutes **Cooking time:** 10 to 12 minutes

6 ounces dry brown or purple rice noodles

Sauce

¼ cup coconut aminos or reduced-sodium tamari

2 tablespoons lime juice

2 tablespoons maple syrup

2 tablespoons mellow white or chickpea miso

1 to 2 tablespoons roughly minced ginger

1 teaspoon sesame oil, optional

1 to 2 tablespoons sriracha, optional

1 cup sliced carrots

1 cup chopped orange bell pepper

8 ounces sliced cremini mushrooms (approximately 2 cups)

2 cups shelled frozen and thawed edamame

½ cup chopped green onion

2 to 3 tablespoons black or white sesame seeds

½ cup chopped cilantro, optional

1. Cook the noodles according to package instructions.
2. Meanwhile, make the sauce: In a blender, blend the coconut aminos, lime juice, maple syrup, miso, ginger, and sesame oil and sriracha until smooth. Set the sauce aside.
3. Once the noodles are finished cooking, drain them and run them under cold water to prevent them from sticking. Set them aside.
4. In a large pan or wok over medium-high heat, sauté the carrots, pepper, and mushrooms, stirring every couple of minutes until the mushrooms and carrots are fully cooked and tender, about 5 to 7 minutes. If needed, add 1 to 2 tablespoons of water to deglaze the pan.
5. Reduce the heat to medium and add the edamame, cooking until warmed through, about a minute.
6. Add the noodles and pour the sauce over the top. Mix until combined.
7. Turn off the heat and stir in the green onion, sesame seeds, and cilantro.



CHEF'S NOTES

Tips

Add a handful of peanuts or cashews before serving for a plant-based protein crunch.
Add an extra squeeze of citrus with more lime juice or orange juice before serving.

Substitutions

Use any noodle you love here—zucchini noodles, spiralized sweet potato, udon, whole wheat, rice, or legume.
Feel free to use any of your favorite vegetables that you have on hand instead of those listed here.
Lima beans, kidney beans, or chickpeas would be great substitutes for edamame.

Storage

Store leftovers in an airtight container in the refrigerator for up to 5 days.

Calcium: 148 mg
Iron: 3.4 mg
Magnesium: 92 mg
Omega-3s: .4 g
Selenium: 6.9 mcg
Zinc: 2.3 mg

Calories: 357
Protein: 15 g
Carbohydrate: 46 g
Fiber: 8 g
Fat: 10 g
Sodium: 456 mg



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